## Fitness Timetable The Gym Ipswich

## Accurate as of 15/05/2024

| Times for Monday 15 April |                  |          |
|---------------------------|------------------|----------|
| Time                      | Session          | Facility |
| 07:00 - 07:30             | Circuit Training | Gym      |
| 09:30 - 10:15             | Virtual Cycling  | Gym      |
| 12:15 - 13:00             | Boxercise        | Gym      |
| 17:15 - 18:00             | Indoor Cycling   | Gym      |
| 18:15 - 18:55             | Boxercise        | Gym      |
| 19:05 - 19:20             | H.I.T Training   | Gym      |